



Recipe: <https://www.health.com/recipes/vegetarian-white-bean-chili>

Vegetarian White Bean Chili



Hector Sanchez; Food Styling: Chelsea Zimmer; Prop Styling: Mindi Shapiro

Active Time
25 Mins

Total Time
40 Mins

Yield
6

Ingredients

2 tablespoons olive oil

1 large white onion, diced (about 2 cups)

1 large carrot, cut into 1/2-in. pieces (about 1 cup)

3 ribs celery, cut into 1/2-in. pieces (about 1 cup)

2 15.5-oz. cans cannellini beans, drained and rinsed

1 tablespoon ground cumin

1 teaspoon kosher salt

4 cups low-sodium vegetable broth

1 cup chopped lacinato kale (about 2 oz.)

1/2 cup uncooked white quinoa, rinsed

1 tablespoon chopped fresh oregano

How to Make It

Step 1

Heat oil in a Dutch oven over medium heat. Add onion, carrot, and celery; cook, stirring occasionally, until vegetables are tender, about 8 minutes. Stir in beans, cumin, and salt; cook, stirring often, until toasted and fragrant, about 3 minutes.

Step 2

Add broth; increase heat to high and bring to boil. Reduce heat to medium-low and simmer until slightly reduced, about 6 minutes. Stir in kale and quinoa; cover and cook until kale and quinoa are tender, about 15 minutes. Stir in oregano.

Nutritional Information

•Calories per serving 224 •Fat per serving 7g •Saturated fat per serving 1g •Cholesterol per serving 0mg •Fiber per serving 8g •Protein per serving 8g •Carbohydrates per serving 33g •Sodium per serving 480mg •Iron per serving 3mg •Calcium per serving 92mg